

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 12098, Nuts, chestnuts, european, raw, peeled

Report Date:October 16, 2015 21:36 EDT

Nutrient values and weights are for edible portion.

## Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3

Nutrient	Unit	Value Per 100 g	Data points	Std. Error	1 oz 28.35g
<b>Proximates</b>					
Water	g	52.00	1	--	14.74
Energy	kcal	196	--	--	56
Energy	kJ	820	--	--	232
Protein	g	1.63	1	--	0.46
Total lipid (fat)	g	1.25	1	--	0.35
Ash	g	0.96	1	--	0.27
Carbohydrate, by difference	g	44.17	--	--	12.52
<b>Minerals</b>					
Calcium, Ca	mg	19	1	--	5
Iron, Fe	mg	0.94	--	--	0.27
Magnesium, Mg	mg	30	--	--	9
Phosphorus, P	mg	38	1	--	11
Potassium, K	mg	484	--	--	137
Sodium, Na	mg	2	--	--	1
Zinc, Zn	mg	0.49	--	--	0.14
Copper, Cu	mg	0.418	--	--	0.119
Manganese, Mn	mg	0.336	1	--	0.095
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	40.2	--	--	11.4
Thiamin	mg	0.144	1	--	0.041
Riboflavin	mg	0.016	1	--	0.005
Niacin	mg	1.102	--	--	0.312
Pantothenic acid	mg	0.476	--	--	0.135

Nutrient	Unit	1			1 oz 28.35g
		Value Per 100	Data points	Std. Error	
Vitamin B-6	mg	0.352	--	--	0.100
Folate, total	µg	58	--	--	16
Folic acid	µg	0	--	--	0
Folate, food	µg	58	--	--	16
Folate, DFE	µg	58	--	--	16
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	26	--	--	7
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.235	--	--	0.067
14:0	g	0.005	--	--	0.001
16:0	g	0.212	--	--	0.060
18:0	g	0.012	--	--	0.003
Fatty acids, total monounsaturated	g	0.430	--	--	0.122
16:1 undifferentiated	g	0.012	--	--	0.003
18:1 undifferentiated	g	0.413	--	--	0.117
20:1	g	0.005	--	--	0.001
Fatty acids, total polyunsaturated	g	0.493	--	--	0.140
18:2 undifferentiated	g	0.440	--	--	0.125
18:3 undifferentiated	g	0.053	--	--	0.015
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.018	--	--	0.005
Threonine	g	0.058	--	--	0.016
Isoleucine	g	0.064	--	--	0.018
Leucine	g	0.096	--	--	0.027
Lysine	g	0.096	--	--	0.027
Methionine	g	0.038	--	--	0.011
Cystine	g	0.052	--	--	0.015
Phenylalanine	g	0.069	--	--	0.020

Nutrient	Unit	1			1 oz	
		Value Per 100 g	Data points	Std. Error	28.35g	
Tyrosine	g	0.045	--	--	0.013	
Valine	g	0.091	--	--	0.026	
Arginine	g	0.116	--	--	0.033	
Histidine	g	0.045	--	--	0.013	
Alanine	g	0.109	--	--	0.031	
Aspartic acid	g	0.281	--	--	0.080	
Glutamic acid	g	0.210	--	--	0.060	
Glycine	g	0.084	--	--	0.024	
Proline	g	0.086	--	--	0.024	
Serine	g	0.081	--	--	0.023	
<b>Flavonoids</b>						
Flavan-3-ols						
(+)-Catechin <sup>3</sup>	mg	0.01	3	0	0.00	
(-)-Epigallocatechin <sup>3</sup>	mg	0.00	3	0	0.00	
(-)-Epicatechin <sup>3</sup>	mg	0.00	3	0	0.00	
(-)-Epicatechin 3-gallate <sup>3</sup>	mg	0.00	3	0	0.00	
(-)-Epigallocatechin 3-gallate <sup>3</sup>	mg	0.00	3	0	0.00	
(+)-Gallocatechin <sup>3</sup>	mg	0.01	3	0	0.00	

<sup>1</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331

<sup>2</sup>Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.**, 2006 Nutr. Cancer 54 pp.184-201

<sup>3</sup>Ancos, B. de, Gonzalez, E., and Cano, M. P. **Differentiation of raspberry varieties according to anthocyanin composition.**, 1999 Z. Lebensm Unters Forsch A 208 pp.33-38